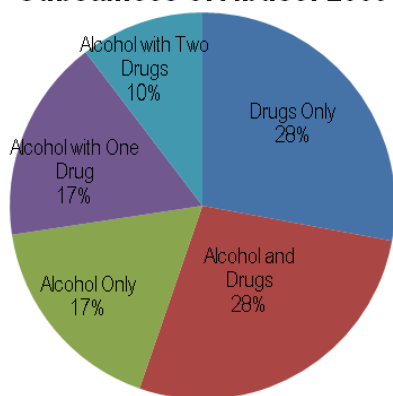


# Extra! Extra!

Volume 1, Issue 8

## Nearly 40 Percent of Substance Abuse Treatment Admissions Report Alcohol-Drug Combinations

**Substance Abuse Treatment and Admissions Aged 12 and Older, by Substances of Abuse: 2009**



Center for Behavioral Health Statistics and Quality, July 2012. People often arrive in substance abuse treatment programs with multiple problems—including dependency on or addiction to both alcohol and drugs. National data from the Treatment Episode Data Set (TEDS) for 2009 show that 730,228 sub-

stance abuse treatment admissions (37.2 percent) reported abuse of alcohol and at least one other drug; 23.1 percent of all admissions reported the abuse of alcohol and one other drug, and 14.1 percent reported the abuse of alcohol and two other drugs (Figure).

When alcohol is used with other

drugs, it tends to be ingested in greater quantities than when used in their absence. Combining alcohol with other drugs is dangerous. For example, taking benzodiazepines concomitantly with alcohol increases the chances of benzodiazepine-involved death. It is important for treatment providers to identify patients who use alcohol with other drugs since that is an especially dangerous usage pattern.

Primary Substance Reported  
 1.4% Alcohol and Drugs 37.2%  
 Alcohol with One Drug 23.1%  
 Alcohol with Two Drugs 14.1%  
 Alcohol Only 23.5% Drugs Only 37.9%

Newsletter Date  
 September 1, 2012

### Inside this issue: Changes and Updates

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## Substance Abuse Division

### Enforcing Underage Drinking Laws Funding Update:

Enforcing Underage Drinking Laws Funding Update:

The Office for Juvenile Justice Delinquency Prevention (OJJDP), EUDL funding is in its final year as a formula grant. There will be limited funds available for discretionary grants in the upcoming federal fiscal year. ICJI has begun preparations for the grant application by seeking the services of Honorable Judge Linda Chezem. Judge Chezem is conducting a study of the under-

age drinking problem from a local perspective and determining local level needs by meeting and interviewing several LCCs across the state.

Judge Chezem was the first female County Court judge appointed by Governor Bowen in 1975. She was also the first female Circuit Court judge, serving from 1982- 1988 and the first female appointed to the Indiana Court of Appeals where she served until 1998.

Chezem holds an appointment as Professor, Youth Development and Agriculture Education, College of

Agriculture, Purdue University. She also has a part time appointment at the Indiana University School of Medicine in the Department of Medicine and Purdue School of Science- Indianapolis, Forensic Science Program, and is a senior research fellow of the Sagamore Institute. She continues to lend her assistance to various agencies at the federal and state levels across the country dealing with alcohol abuse and addiction.

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## Indiana Alcohol Research Center (IARC)

Now celebrating its 25th anniversary, the Indiana Alcohol Research Center (IARC), has an international reputation for research excellence in animal models of alcoholism, brain chemistry of addiction, biochemistry of alcohol metabolism, genetics of alcoholism, and translation of research findings to the bedside and to the community at large. Studies using an animal model of alcohol abuse initially focused on identifying alcohol-related behaviors, pathways, and brain activity and now are focused on understanding how genes and environment alter risk of alcoholism.

The IARC has been a leader in the study of candidate genes which increase risk of alcoholism. Investigators in the IARC played central roles in the Consortium on Genetics of Alcoholism project (a twenty year national study of families with several alcoholic members to identify the genes which confer risk for alcohol abuse). Human studies sponsored by the IARC began with examinations of measures of alcohol responses for heritability (how much the trait was influenced by genes vs. environment), followed by correlations between a fa-

miliar history of alcoholism and personality characteristics, and subjective responses of the brain to alcohol.

IARC researchers developed alcohol clamping technology, the ability to precisely control the concentration of alcohol in the blood stream by giving carefully adjusted doses of alcohol intravenously. This technique has been shared around the world, and has been critical to teasing out the small effects individual genes have on responses of the individual to alcohol and makes possible application of brain imaging to alcoholism studies. These different research programs are now converging to provide an understanding at a molecular and neural pathway level, of how genetic variation influences responses to alcohol and risk of developing alcoholism.

Dr. David Crabb, Program Director, provides overall leadership for the conduct of research. He draws on the expertise of Dr. David Kareken, Deputy Center Director, and Drs. Sean O'Connor, Larry Lumeng, Howard Edenberg, and William McBride,

Scientific Co-Directors.

The Center has received twenty five years of continuous funding from the National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health.

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## Council for Drug Free LaGrange County

Four Westview fifth and sixth grade students were honored for their outstanding performance in the Council for a Drug-Free Lagrange County (CDFLC) Quiz Bowl program. Quiz Bowl is an educational competition designed to encourage young people to learn the facts about the dangers of substance abuse. Study materials were provided to the students at no cost through a cooperative effort by the United Fund of LaGrange County, LaGrange County Community Foundation and the CDFLC. Winners in the school and county competition were recognized at an all-student awards event at Westview Elementary on May 24. Winners received certificates recognizing place and a cash award. The cash award was pro-

vided through the generosity of ARC Cornerstone of Recovery. Pictured left to right in this recognition ceremony are Loren Heinlen, LaGrange County Community Foundation; Haroone Mutlek, runner-up, 5<sup>th</sup> grade; Sammy Salim, 1<sup>st</sup> place, 6<sup>th</sup> grade; Morgan Kelly runner-up, 6<sup>th</sup> grade; Grace Miller, 1<sup>st</sup> place, 5<sup>th</sup> grade; and Karen Bartow, ARC Cornerstone of Recovery. Not pictured is Sherilyn Lackey, Westview RN, who spearheaded that school's competition. Students Salim and Miller went on to compete at the regional competition in Fort Wayne. Salim took 1<sup>st</sup> place at that competition for his grade. Miller was awarded 3<sup>rd</sup> place for her grade. Six northern-tier

counties participated in the regional competition.



## Celebrate the Power of Prevention at National "Above the Influence" Day during National Substance Abuse Prevention Month

Join ONDCP on October 18, 2012, to celebrate during National Substance Abuse Prevention Month by commemorating the first National "Above the Influence" (ATI) Day. An opportunity for youth and local youth-serving partners to demonstrate the power of staying above the negative influences that can lead to substance use ATI Day provides an opportunity to organize an ATI activity, event or youth experience that supports your respective missions. This annual tradition will reinforce the central role ATI continues to play in substance abuse prevention on the local, state, and national levels.

To learn more about what you can do in your community on National "Above the Influence" Day, register to participate in a training and instruction webinar on Thursday, September 6, OR Wednesday, September 12, at 1 p.m. EST, using the links below. The webinar will feature local groups and coalitions who have implemented successful ATI events.

Links for webinar registration are listed below:

- Thursday, Sept 6; 1:00 – 2:00 p.m. EST: <https://www1.gotomeeting.com/register/440791544>
- Wednesday, Sept 12; 1:00 – 2:00 p.m. EST: <https://www1.gotomeeting.com/register/550251569>

For more information on "Above the Influence" and to download the ATI Activities Toolkit and other FREE resources, visit [www.ATIPartnerships.com](http://www.ATIPartnerships.com). ATI is a national campaign created and implemented by the National Youth Anti-Drug Media Campaign, a program of ONDCP.

## Alcohol Ads Violating Industry Rules More Likely in Magazines Popular With Teens

Alcohol ads that violate industry guidelines are more likely to appear in magazines popular with teen readers, a new study finds. Ads violate industry guidelines if they appear to target a primarily underage audience, highlight the high alcohol content of a product, or portray drinking in conjunction with activities that require a high degree of alertness or coordination, such as swimming.

Researchers at the Johns Hopkins Bloomberg School of Public Health studied 1,261 ads for alcopops, beer, spirits or wine that appeared more than 2,500 times in 11

magazines that are popular among teens. The ads were rated according to a number of factors, such as whether they portrayed over-consumption of alcohol, addiction content, sex-related content, or injury content.

"The finding that violations of the alcohol industry's advertising standards were most common in magazines with the most youthful audiences tells us self-regulated voluntary codes are failing," said study co-author David Jernigan, PhD. "It's time to seriously consider stronger limits on youth exposure to alcohol advertising."

Some of the ads in the study showed drinking near or on bodies of water, encouraging over-consumption of alcohol, and providing messages that supported alcohol addiction, [Newswise](#) reports. Almost one-fifth of the ads contained sexual connotations or sexual objectification, the researchers reported in the [Journal of Adolescent Health](#).

"The bottom line here is that youth are getting hit repeatedly by ads for spirits and beer in magazines geared towards their age demographic,"

Jernigan said in a [news release](#). "As at least 14 studies have found that the more young people are exposed to alcohol advertising and marketing, the more likely they are to drink, or if already drinking, to drink more, this report should serve as a wake-up call to parents and everyone else concerned about the health of young people."

If you would like to submit information for the newsletter, email [sedwards1@cji.in.gov](mailto:sedwards1@cji.in.gov)

## Parents Worries Justified Regarding Availability of Alcohol and Drugs at School

If one of parents' biggest worries is that their teenagers are exposed to drugs and alcohol at school, their fears are justified: Eighty-six percent of high school students say their classmates are smoking, drinking or using drugs during the school day, according to a national survey.

The 17th annual back-to-school survey by the National Center of Addiction and Substance Abuse at Columbia University shows that "tobacco, alcohol and drug use are pervasive and relentless fixtures in the teen world," Joseph A. Califano, founder and chairman of the center, writes in a statement accompanying the survey results. He called the results "profoundly disturbing." Some of the reasons:

- Students estimate that 17% of their classmates are drinking, using drugs or smoking during the school day. And about half say there's a place on or near campus where this happens.
- Teens estimated that 47% of classmates drink alcohol; 40% use drugs; 30% smoke cigarettes.
- Sixty percent of high school students and 32% of middle school

students say students keep or sell drugs on campus. (In private high schools, 54% said this happens.) The high school figure has been at least 60% in seven of the last eight years.

- Forty-four percent say they know someone who sells drugs at school. And 91% say they know someone who sells marijuana.

- Forty-five percent of teenagers say they've seen pictures on Facebook or other social media of kids getting drunk, passed out or using drugs. Nearly half of those kids say it seems like the kids pictured are having a good time. And while 6% of the teens who say they've never seen such pictures have used marijuana, 25% of those who have seen them have used marijuana. The numbers for alcohol are 13% versus 43%.

- About half of high school students say they have at least one friend who uses illegal drugs like acid, ecstasy, meth, cocaine or heroin. About a third say a friend abuses prescription or over-the-counter drugs.

On the other hand, nearly 90% of teens said they would never or not

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- About half of high school students say they have at least one friend who uses illegal drugs like acid, ecstasy, meth, cocaine or heroin. About a third say a friend abuses prescription or over-the-counter drugs.

On the other hand, nearly 90% of teens said they would never or not likely try drugs in the future.

For kids who get caught, nearly all teens said their school would mete out serious punishment, and 81% said the school would offer counseling or other

help for a student with a problem.

Factors in teen substance abuse, according to the survey, are parents who "would be extremely upset" to learn their kids had used alcohol, drugs or tobacco; teens who are left unsupervised overnight; teens who feel "high" academic stress. Seventy percent of kids say none in their close circle of friends smokes cigarettes. If the students are on the hook for their behavior, their parents are not off the hook. Califano writes: "And it's inexcusable that parents, who raise hell and refuse to send their children to school if there's asbestos in the classroom ceiling, or a serious outbreak of flu, nevertheless send their kids day after day to schools where it is so easy for those kids to buy and use drugs."

The 2012 survey focused on teenagers' school experiences. It was conducted by telephone by QEV Analytics Ltd. in April and May and included 493 boys and 510 girls ages 12 to 17.

## Reminders

### CCP/Updates due October 1, 2012

Crawford, Delaware, Floyd, Fulton, Ohio, Scott, Starke, Switzerland, Wells

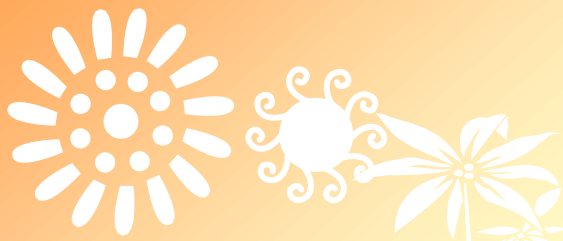
### Next Commission Meeting:

October 30, 2012 10:00am-2:00pm

### LCC's presenting:

Carroll, Clay, Clinton, Daviess, Decatur, Grant, Hamilton, Harrison, Howard, Huntington, Jackson, Jasper, Monroe, Montgomery, Newton, Noble, Orange, Owen, Steuben, St. Joseph, Sullivan, Tippecanoe, Tipton, Vanderburgh, Vermillion, White and Whitley

Please let your Program Manager know if you plan to attend, or would like to submit information.



## Did you Know?

While many people blame spicy or acidic foods for their heartburn, alcohol is a major culprit, a gastroenterologist at the University of California, Los Angeles, tells NPR.

"Alcohol has a direct effect" on heartburn, said Dr. Kevin Ghassemi. He explained that alcohol relaxes the lower esophageal sphincter, a ring of muscle located at the point where the stomach and esophagus meet.

"The muscle is supposed to be closed, except when food is passing into the esophagus," he said. Alcohol can relax the muscle, creating an opening. When this occurs, stomach acid can come back up into the esophagus, causing reflux. This leads to the burning sensation associated with heartburn.

Some people may be more prone to heartburn after drinking alcohol, including those with a weak or faulty sphincter muscle. Being overweight also raises the risk. While reducing alcohol and coffee consumption can help some people, others need prescription medicine to treat heartburn, Ghassemi noted.

Karthik Ravi, a Mayo Clinic gastroenterologist, said there is no clear link between heartburn and spicy foods, or acidic foods such as orange juice or tomato sauce.

## September is Recovery Month

September is Recovery Month, which promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. The federal government provides tools to plan or participate in local events, information and background on recovery, and resources for youth to make their voices heard. More information is available online at: [www.recoverymonth.gov/UT-Young-People.aspx](http://www.recoverymonth.gov/UT-Young-People.aspx)

## Indiana Drug Free Communities Grant Recipients

The Office of National Drug Control Policy has announced its FY2012 Drug-Free Communities (DFC) Support Program grantees. For FY2012, the DFC Program will continue to provide funding (\$76.7 million) for 608 DFC grantees and 18 DFC Mentoring grantees. In addition, they are also funding (\$7.9 million) 60 new DFC grants and six new DFC Mentoring grants. These grants are throughout the US in 49 states and four U.S. territories.

### Congratulations to Indiana's Drug Free Community Grantees!

#### New Grantees (Year 6)

Intersect, Inc; Madison County

Delaware County Coordinating Council to Prevent Alcohol and Other Drug Abuse; Delaware County

#### Continuation Grantees

Stayin' Alive, Franklin County LCC

Hendricks County Substance Abuse Task Force

Adams County Substance Abuse Awareness Council, Inc; Adams County

Neighborhoods Against Substance Abuse; Hancock County

Decatur County Community Action Coalition; Decatur County

Drug Free Marion County; Marion County

The Drug Free Partnership of LaPorte County; LaPorte County

Shelby County Drug Free Coalition; Shelby County

Hamilton County Council on Alcohol and Other Drugs

Drug Free Community Council; St. Joseph County

## Training Opportunity

### New Research Since the Surgeon General's Call to Action to Prevent and Reduce Underage Drinking

<http://www.cadca.org/events/detail/new-research-surgeon-generals-call-action-prevent-and-reduce-underage-drinking>

Thursday, September 20

3:00-4:30 p.m. EDT

This webinar will outline new research on trends in and consequences of underage drinking as well as interventions to prevent and reduce underage drinking that have emerged since the 2007 Call to Action. The course will explore recent trends in injury deaths linked to underage drinking, binge drinking and driving under the influence, effects of underage drinking on the developing brain, blackouts, and academic performance. It will also examine research on interventions that are individually-oriented, policy/environmental, and community-based interventions.

Dr. Ralph Hingson, Director of the Division of Epidemiology and Prevention Research for the National Institute on Alcohol Abuse and Alcoholism, will serve as the presenter. Rhonda Ramsey-Molina, Deputy Director of Dissemination and Coalition Relations for the CADCA's National Coalition Institute, will moderate.